

## **HOLIDAY FAVORITES – ROASTED CHICKEN**

**By Kimberli Washington, Public Information Office**



### **Ingredients:**

- 1 whole chicken, giblets removed
- 4 fresh thyme sprigs
- 4 fresh parsley sprigs
- 4 fresh rosemary sprigs
- 2 garlic cloves, minced
- 1 yellow onion, thinly sliced
- 2 lemons sliced
- Extra virgin olive oil
- Black pepper, to season
- Paprika, to season
- Poultry seasoning, to season
- Oven bag
- Roasting pan
- Instant-read thermometer

### **Directions:**

- Pre-heat oven to 425 degrees.
- Rinse chicken with cool water and pat dry with paper towels.
- Generously season cavity of chicken with black pepper, paprika and poultry seasoning. Add a couple sprigs of thyme, rosemary and parsley. Then add a few slices of lemon, onion and minced garlic.
- Rub a small amount of extra virgin olive oil on outside skin. Sprinkle a little black pepper, paprika and poultry seasoning over chicken.

- Place seasoned chicken inside an oven bag in a roasting pan. Add remaining ingredients to bag and tie closed.
- Put roasting pan in oven. Cook about 20 minutes before reducing heat to 375 degrees, and cooking an additional 50-60 minutes, depending on size of chicken.
- Use an instant-read thermometer to check thickest part of thigh for temperature of 165 degrees to ensure that it's done.
- Let chicken rest about 20 minutes before serving with desired side dishes.
- Enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.